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Bangalore Mirror ON SUNDAY

TEMP Max 34 | Min 21 | Humidity 57% Clear with periodic clouds Sensex 59,447 | Nifty 17,784 | Gold 52,134 | Silver 66,937 | Dollar 75.93 | Euro 82.59 | GBP 98.92

Neighbourhood lake is a recurring theme for Bengalureans — here's how collective effort of citizens, a nonprofit and civic authorities salvaged Nallurahalli Lake from brink

THE LAKEMOTIF

₹4.5 crore provided through CSR for rejuvenation

| Iffath.Fathima
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TWEETS @BangaloreMIRROR

Not so long ago, completely neglected, the 48-acre Nallurahalli Lake in Whitefield, was in a miserable state. However, now with constant efforts of nearby villagers, in following up with various departments to carry out development of the waterbody, the lake has got a new lease of life.

"BMRCL is going to plant trees translocated for construction of Metro; Over 20 trees are going to come up
— Rakesh Nagesh, resident

A gamut of illegal activities such as frequent dumping of garbage on the lake periphery, construction debris dumping and even trashing of medical waste was rapidly depleting the lake. Waste from meat shops, plastic were also being discarded inside the lake.

The waterbody which was initially under the care of Bangalore Development Authority (BDA) was handed over to the Lake Development Authority and then to the Bruhat Bengaluru Mahanagara Palike (BBMP). The condition of

CONTINUED ON PAGE 4 »

Tighten Cubbon Park security, say walkers

'Existing security not agile. Only 50% of guards turning up for work'

| Melvin Mathew
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMIRROR

Citing alleged lapses by a security guard in Cubbon Park of late, the walkers' association is demanding a complete overhaul of the security apparatus, and to tighten vigil within Cubbon Park premises.

Spread over 198 acres, Cubbon Park is the lung space of Bengalureans. Citizens from across the metropolis go to Cubbon Park, especially on weekends, to take in nature amidst the urban bustle, away from the chaos and pollution of the city. However, now, some regulars are not happy with the way Cubbon Park is being run, especially the park's security apparatus.

The association is of the view that the existing security staff is not agile and only 50% of the security employees are turning up for work. They claim that a fresh set of security guards is needed in the park, capable of checking violations and violators in an efficient manner.

"We have been fighting since 2013 to change the security guards. But the same security guards are being kept. We want good security guards like in corporate offices. Some of them at Cubbon Park are elderly. They don't know how to communicate with people. They are permitting illegal activities within the park at night," said Umesh Kumar.

"We have received several complaints from walkers and have brought it up in front

CONTINUED ON PAGE 2 »

3 THINGS TO DO

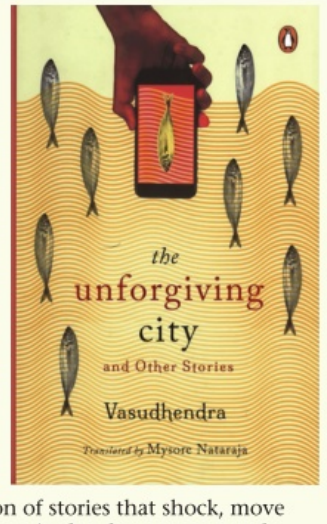
01 The mentalist

Do you believe in mind reading? Are you intrigued by psychic phenomena? If yes, there is a fantastic show lined up for you, that you just cannot afford to miss. Illusionist and mentalist Allan Louie will be performing his mind-bending show 'Strange Perceptions', a highly interactive show, with elements of psychological games, mind reading, bizarre stunts, and theatrics. While this is a family show, there are elements in the show which are not suitable for audiences under 15 years of age. **Where: Bangalore Creative Circus**
When: April 10, 6.30pm
Tickets: https://linktr.ee/blrcreativecircus

02 Satrangi Mela

India's first all-day queer festival by a hospitality chain, Satrangi Mela, is all set to launch its third edition this April. Dedicated to promote queer talent and queer-owned businesses, Satrangi Mela is nothing less than a celebration of queer folks, for queer folks and by queer folks. Their inclusion-oriented approach shifts the spotlight from a tokenistic rainbow flag to the more pressing and under-represented aspects of the queer experience. **Where: Indiranagar SOCIAL**
When: April 10, 12pm – 10pm
Entry: Free, https://insider.in

03 Lit talk



This Sunday, come meet Kannada author Vasudhendra and theatre actor-director Sharanya Ramprakash, who will be discussing Vasundhendra's latest book 'Unforgiving City and Other Stories'. From the Karnataka Sahitya Akademi winner Vasudhendra comes a powerful collection of stories that shock, move and amuse by turns. As the characters struggle to find their feet in a fast-changing India, they mirror our unspoken dilemmas, torn loyalties and the loss of innocence. **Where: Ranga Shankara**
When: April 10, 12 pm; Entry: Free

Call of the great outdoors beckon schoolchildren

Kids cannot get enough of summer camps after a covid hiatus and schools say it is a good way to improve social skills and fitness levels

Garima Prasher
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TWEETS @BangaloreMIRROR

At Trail to Trek, a summer camp organised by CMR National Public School, hiking activities help students connect with nature and exercise outdoors

After a hiatus of two years, summer camps are back in Bengaluru schools, and students cannot get enough of the outdoors.

Hiking, kayaking, zip-lining, swimming and sports such as football and badminton are only some of the activities that schools have gotten back to as the fear of Covid-19 wanes. The majority of the schools are organising these non-academic activities to boost children's creativity and at the same time, keep them entertained.

CMR National Public School, an adventure camp called 'Trail to Trek' is helping the children reconnect with nature post-pandemic. "The last two years have filled the minds of the students with a lot of digital time and have infused anxiety, depression, and obesity. We decided to create an opportunity for them to connect with nature and exercise outdoors," says Swati Soni, head of school, CMR National Public School.

According to her, they spent quality time educating students about the importance of the environment and some basic survival tricks, which will help in improving strength, agility, reduced stress, cardio fitness, peer bonding, and overall health. "We have always understood that children learn through experience, so we allowed them to explore their trail to trek at their own pace."

Schools say, while most children are back on campus, many are lagging in social development. However, the activities planned under summer camps will help them in spending their vacation productively and experience fun learning with lots of stimulating activities.

"Our summer sports camp in football, badminton, swimming and hockey has already started along with an online summer chess camp by renowned professionals. Children will also get to interact with their peers and take part in activities that will boost their mental and physical health," said Aloysius D'mello, Principal, Greenwood High International School.

While these activities during summer vacations were common before the pandemic, schools say the response this year has been overwhelming. Both student and parent communities have come forward and physical interactions are finally happening on campuses.

"The number of participants is rising every day. We can see children running around and exercising which is important looking at the kind of experience they have gone through in the last two years. We started the camp on April 4 and we have received an overwhelming response. Parents are driven toward getting children in this setting," said Anita Bijesh, principal, Delhi Public School, Bangalore South.

Ensuring fruitful vacation sessions this year, schools say the summer camps have brought students out of their covid bubble. "After almost a two-year break, students had the opportunity to step outdoors, connect and explore nature. We also had the chance to understand their fitness levels and their emotional progress when exposed to rustic hiking and adventure activities. Their excitement knew no bounds," said Ayesha Sirajuddin, head of south campuses, Ekya Schools. The parents have had concerns about children's behavioural and health issues due to the pandemic outbreak. Health experts say these activities will play a crucial role in reinstating physical and mental health.

> **"We got the chance to understand their fitness levels and emotional progress in physical activities**
> – Ayesha Sirajuddin, Ekya Schools

"Outdoor activities allow children to enjoy fresh air and sunlight and bring them closer to nature. They engage in social interactions which develop empathy, collaboration and cultural competence," said Dr Harish Kumar, consultant, paediatrics & paediatric intensive care, Aster CMI Hospital.

According to him, such activities also build strength, fight fatigue and improve sleep. Moreover, since children will be exposed to sunlight, their bone and mental health will improve too.

Is Cubbon Park secure, walkers ask

CONTINUED FROM PAGE 1

of the deputy director. But despite our complaints and the feedback from the deputy director, security guards continue to act in a lax manner," he added.

Reportedly, the association found out that over the period, six guards have been changed. "On payroll, there are 32 security guards for the 198-acre park. But, only 12-13 of them turn up for work. All guards continue to receive their salaries," accused Kumar.

"Cubbon Park is meant for usage by the public and unnecessary activities should not be permitted. Countless people come to the Central Library; it's essential for security to be tightened. There should be no violations permitted inside Cubbon Park," said Chandrashekar DM, a member of Cubbon Park Walkers' Association.

However, when BM spoke to the deputy director of horticulture department (Cubbon Park), HT Balakrishna, he said, since last year, 16 security guards have been replaced: "In total, there are 40 guards and eight supervisors at the park."

Refuting claims by the association, Balakrishna added that no illegal activity is being permitted at Cubbon Park at night. "The Cubbon Park police station in the vicinity; regular checks take place in the park to prevent any illegal activity.

CCTVs have also been installed across Cubbon Park to maintain surveillance; there are no such activities taking place," he added.

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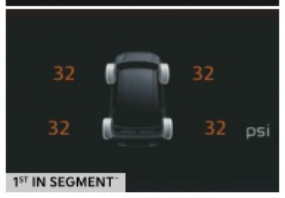

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INNOCEAN-005/22

Public transport on fire

Thirty escape death on Saturday as bus catches fire on Sheshadri Road

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TWEETS @BangaloreMIRROR

KAUSHIK JN

Fire brigade personnel extinguishing the fire on Saturday afternoon

Tensed moments prevailed after a BMTC bus caught fire on Sheshadri Road near Maharani's Science College for Women on Saturday afternoon. Around 30 passengers had a narrow escape when the driver observed smoke emanating out of the engine.

According to officials, the causes of the fire are suspected to be overheating of the engine and a short-circuit. However, the exact cause of the fire would be ascertained only after the reports emerge from the FSL where samples have been sent from the gutted bus, a senior police officer said.

According to BMTC, the bus was an Ashok Leyland BS-4, a MIDI vehicle at BMTC operating between Majestic and Vidya Nagar which got gutted in fire on Saturday noon around 12 pm near the SJP college.

The smoke appeared inside the engine bonnet. The driver and the conductor alerted all passengers who safely de-boarded the bus and with the help of the available fire extinguisher and the fire brigade personnel, the fire was doused.

Bangalore Mirror
What caused the bus blaze? BMTC finds out
Transport utility probe finds bus fires originated from short circuit due to loose parts in the starter

On Feb 26 BM reported: BMTC probe found two recent bus fires originated from short circuits

BMTC went on to add that there are 16 different types of vehicles at BMTC, among them the Ashok Leyland - manufactured BS-4 MIDI-type buses are the ones with fire accidents. The bus that caught fire on Saturday is also a Ashok Leyland BS-4, MIDI model, a release from BMTC stated.

The fire was first seen near the vehicle's starter, a short circuit may have been caused due to a defect in the starter and the wiring design. The research and development department of Ashok Leyland has been asked to rectify the defects in the starter and wiring design. No passengers were hurt in the incident, the release went on to state.

This is the third BMTC bus that gutted in fire over the period of three months. Recently, within a span of 10 days two BMTC buses caught fire. One of them caught fire on February 1. The incident occurred near Nanda Talkies Road near South End Circle. After noticing the fire, the bus crew alerted the passengers who deboarded the bus that belonged to depot 44 of Anjanapura heading towards Kanakapura. No one was hurt in the incident.

On January 21, a BMTC bus caught fire near Makkala Koota Park near Chamrajpet and around 25 passengers escaped unhurt. According to BMTC all the buses that caught fire are MIDI buses and the corporation has requested the manufacturer to look into it technically and check the existing fleet of buses and rectify issues.

Fire brigade officials suspect the fire was caused by overheating of the engine and a short-circuit. No passengers were injured as the driver and conductor helped them exit safely

Lake life, wake life: Waterbody rejuvenated

CONTINUED FROM PAGE 1

the lake, however, continued to be miserable.

Many of the villagers said that years ago, they would swim in the lake; many would come and spend their leisure time around the lake. Children would be seen playing around the shore. However with the rapid urban development, the health of the lake deteriorated. Sewage started to flow inside the lake and the water was in a bad condition. Until recently, a foul smell permeated the air near the waterbody.

The villagers had met the MLA Arvind Limbavali seeking funds for the lake's rejuvenation. Although he was supportive of it, generating funds was taking time. In 2020, lake rejuvenation was approved through CSR funds in collaboration with the BBMP and a non-profit organisation. In March, while it got approved, the very next month the coronavirus lockdown was announced; hence the work didn't start off for a few months. However, the villagers put in efforts to start the work by clearing out the water from the lake by themselves.

"Since there was a lockdown, the work didn't start. The community residing along the waterbody then decided to start off initially by draining out the water. The sluice gates were opened, and slowly water started to drain out. This became the first step towards the rejuvenation of Nallurahalli Lake," said resident Rakesh Nagesh.

It is said Rs 4.5 crore were provided through CSR funding for the rejuvenation to be carried out. BBMP had also set aside a budget for the redevelopment of the waterbody. After a few months from the lockdown, the work began at the lake.

"BBMP carried out fencing around the lake and took responsibility for ensuring that sewage doesn't flow inside the lake again. Diversion channels were created so that sewage does not enter the lake," added Nagesh.

Meanwhile, the firm which provided Corporate Social Responsibility funding collaborated with the citizens and civic authorities, carried out desilting, constructed a bund, undertook soil testing, and laid a pathway around the waterbody. The NGO SayTrees also took up large-scale planting of various species of trees in the lake's buffer zone.

"Now even the BMRCL has come forward to help; they are going to plant trees which are being translocated for construction of the Metro. Over 20 trees are going to come up," said Nagesh. Currently, the work is still ongoing with the fencing. The complete restoration will soon happen. However, 80% of the work is completed, and with sustainable transformation, many of the local residents have started visiting the lake again.

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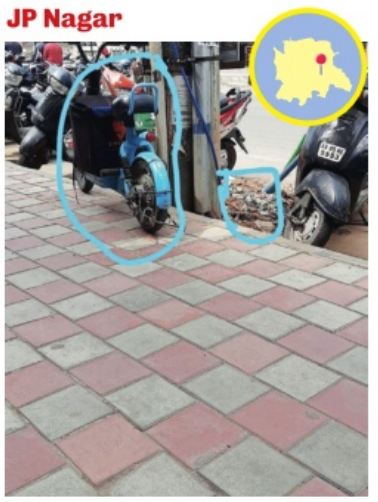
Wasted way
KG Halli

Folks have been dumping garbage at this spot and the authorities concerned seem to never notice.

Roughed up
Hebbal

The stretch towards Baptist Hospital is rough and must be repaired. It also lacks proper pavements for pedestrians.

Issue complaints
JP Nagar



BBMP must take action against two issues in 7th Phase. It must fix the road and ensure that the sidewalks are not used as parking spots.

The toll booth on Tumakuru Road is jam-packed with vehicles every day, and if implemented, the rule will benefit the many commuters and decongest traffic

Fewer toll booths? Yay, say citizens

B'lureans relieved with Gadkari's diktat saying toll booths within 60 km of each other to be closed

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In a recent statement in Parliament, Union Minister Nitin Gadkari had said that there would not be any toll plazas within 60 km of another toll booth. If this rule is implemented in the city, Bengalureans are sure to benefit, considering the many toll booths that dot the city's highways.

There is a toll plaza at Electronics City exit, used by thousands of vehicles on a daily basis. Barely 14 km from this toll plaza lies the Attibele toll plaza near Karnataka - Tamil Nadu border. If Gadkari's new rule were to be implemented, thousands of commuters using the busy Hosur road would be relieved from paying toll at back-to-back booths and also save fuel and time.

Not just these two, in the diagonally opposite direction, there is a toll plaza near Nagasandra Metro station on Bengaluru-Nelamangala expressway. At Nelamangala, the road divides into Hassan and Tumakuru roads.

If a motorist is travelling towards Hassan, he has to pay toll at Nagasandra Metro station and then 24 km further, pay again at Karekallu grama toll plaza. In case the vehicle is travelling towards Tumakuru, after Nagasandra Metro station, one has to pay toll at Nelamangala toll booth which is at a distance of 19 kilometre.

On March 22, Gadkari had said that there would be no toll plazas located within 60 km of each other on national highways and he would ensure the norms were fully implemented in the next three months. He had also said that he will ensure shutting down of the second plaza within 60 km distance in the next few months. However, many believe that it may take time before taking this drastic move.

An official told BM, "The toll concessionaire who had constructed the roads was given permission to collect toll. So, how will the concessionaire be compensated with this new rule? I feel that the practical thing to do is to rationalise the toll system in such a way that a vehicle user is charged equally for kilometres travelled rather than the number of roads he has covered."

Commuters, are however, happy. A techie, Nitin Kaushik, lauded Gadkari's move as according to him, toll plazas are allotted based on road allotment to concessionaires. "We sincerely hope that this new rule comes in as soon as possible. I feel that the toll should be collected based on the kilometres travelled. For example, many people staying in and around Sarjapur and heading towards Hosur use the main road only for a few kilometres but are forced to pay the full toll as there is no toll-free service road. This is nothing but penalising the road users for unscientific toll collection."

Another techie, Sandhya Chakraborty, said that the entire process of toll collection was ensured so that the road quality would be of the highest standards. "Though the roads were good when they were constructed, many of the tolled roads are now becoming unmotorable. There are potholes on highways and it is fatal for motorists to negotiate them at great speeds. There should be a rule that motorists should be exempted from paying toll if the road is of sub-standard quality."

> **"I feel that the toll should be collected based on the kilometres travelled, and not the roads covered**
>
> –Nitin Kaushik, a techie

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From Bengaluru

CODE	DAYS		
HF1305B2	08	Panaromic Shimla Manali Economy	47,000
HD2805B2	08	Magnificent Shimla Manali	48,000
HG0205B2	08	Dalhousie Dharamshala Amritsar	49,000
KF3004B2	07	Kashmir Vaishnodevi Economy	56,000
KF2805B2	07	Kashmir Vaishnodevi Economy	56,000
NK1706B2	07	Leh Ladakh	58,000
KD1205B2	07	Stunning Kashmir	63,000
NN1305B2	09	Darjeeling Gangtok Pelling	76,000

Himachal Tours

CODE	DAYS		
HI	07	Magical Manali Economy	35,000
HD	08	Magnificent Shimla Manali	41,000
HF	08	Panaromic Shimla Manali Economy	41,000
HG	08	Dalhousie Dharamshala Amritsar	45,000
HC	09	Spectacular Shimla Manali	47,000
HA	09	Shimla Manali Premium	52,000
HS	12	Lahaul Spiti with Chandratal	60,000
HE	13	All of Himachal	66,000

Nainital | Sikkim

CODE	DAYS		
T5	06	Rishikesh New tehri Dehradun	34,000
NC	06	Nainital Corbett Economy	36,000
NF	08	Nainital Mussoorie Corbett Economy	45,000
NW	10	Valley Of Flowers with Badrinath	50,000
NA	08	Nainital Corbett Premium	51,000
NB	11	Nainital Mussoorie Corbett	56,000
NR	07	Darjeeling Gangtok	56,000
SN	07	Andaman	58,000
NN	09	Darjeeling Gangtok Pelling	73,000
NO	11	Darjeeling Gangtok Pelling Lachung	80,000

International Tours

CODE	DAYS		
M1	07	Mauritius	96,000
D1	06	Dubai Abu Dhabi Theme Parks	97,000
U6	07	USA West Coast - Part Tour (J/L)	1,36,000
ET	08	Best of Turkey	1,48,000
UH	07	USA East Coast - Chicago (J/L)	1,48,000
PJ	08	Images of Spain	1,93,000
EM	07	Best of Swiss	2,17,000
EL	09	Swiss Paris	2,53,000
U3	13	USA East & West Coast	3,76,000
AA	12	Australia Escape	3,80,000

Nepal | Leh

CODE	DAYS		
NK	07	Leh Ladakh	55,000
Y1	07	Enthrilling Leh - Honeymoon	56,000
LH	07	Leh Ladakh - MFL	59,000
NP	08	Nepal	60,000
NL	09	Leh Ladakh Kargil	63,000
LL	09	Leh Ladakh Kargil - MFL	66,000
OL	10	Divine Nepal with Muktinath	79,000

Kashmir Tours

CODE	DAYS		
OM	05	Kashmir Amarnath by Helicopter	44,000
KI	06	Magical Kashmir Economy	49,000
KG	06	Enchanting Kashmir	50,000
KF	07	Kashmir Vaishnodevi Economy	53,000
KD	07	Stunning Kashmir	60,000
KC	08	Amazing Kashmir Vaishnodevi	64,000
KB	09	Picturesque Kashmir	93,000

Marigold Tours

CODE	DAYS		
OX	06	Madurai Rameshwaram Kanyakumari	25,000
ON	05	Kashmir Amarnath by Helicopter	28,000
O1	13	Uttaranchal Chardham Yatra	49,000

Honeymoon Tours

CODE	DAYS		
CE	08	Panaromic Shimla Manali	30,000
CH	08	Dharamshala Dalhousie Amritsar	35,000
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Don't get sick of street food, just keep it clean

Docs say water-borne illnesses up due to unhygienic food, weather conditions

Iffath Fathima
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TWEETS @BangaloreMirror

With the city caught in the throes of summer, water-borne illnesses are on the rise. Outpatient Department (OPD) of hospitals are witnessing over a 20 per cent increase in such infections. From severe gastroenteritis to hepatitis, footfall to hospitals has been slowly going up. Such cases were low during the pandemic, and doctors saw a minimal number of cases, as people were forced to eat hygienic food and stay indoors.

Dr Madhu MP, Consultant, Medical Gastroenterology, Aster RV Hospital, reiterated this. "We had seen fewer cases during the lockdowns as people were confined to their homes and eating healthy. Gastroenteritis largely occurs due to bacterial infection mostly from unhygienic street foods or unhygienic handling of food at home."

People have started eating street food now. Water source plays a very important role, as it is mostly through contaminated water that the bacteria enters the system, she explained.

Weather conditions also play a great role. During summer, bacteria grow better due to warmer and moist conditions. "With random rain spells and heat, there is more chance of eating contaminated food. Food items spoil faster during this weather, so people need to be careful about how long the food that they eat has been outside also," added Dr Madhu.

According to Dr Naresh Bhat, Chief of Gastroenterology, Aster CMI Hospital, the age group between 20-30s are being infected at large. We have started seeing a surge in water-borne diseases but the worst is yet to come, he said. Gastroenteritis and amoebic infection is being seen. Summer increases the consumption of water and juices due to the heat and therefore the increased exposure to contaminated water sources.

"The younger age group in the 20s and 30s are predominantly affected as they are often outdoors. Since one can't control thirst, it is advisable to carry your own clean water with you and avoid street food which is uncooked and refrain from drinking from non-bottled cold drinks or juices," said Dr Bhat.

Food items also spoil faster in the hot weather, especially perishables like fruit

Preventive measures

- Avoid eating raw vegetables
- Wash and cook meat properly
- Wash hands before handling food
- Wash hands after using restroom
- Avoid eating in unhygienic places
- Avoid cold items from outside; cooked & boiled food is fine

Dr Karthik SM, Internal Medicine, Fellowship in Infectious Diseases at Narayana Multispecialty Hospital, HSR Layout, pointed out that over 15-20 per cent of Internal Medicine OPD cases are gastroenteritis and related disorders.

"There has been a rise in the number of cases of water borne illness including gastroenteritis, typhoid and hepatitis. Individuals on acidity medications have an increased tendency to contract infection as these medicines suppress the acid that would have likely killed the virus or bacteria," he said. Cases are also on a rise due to unhygienic food, Dr Sudha Menon, Director of Internal Medicine, Fortis Hospital, Bannerghatta Road, Bengaluru said. She added that improperly stored or refrigerated food can aid in bacterial growth and it was a must to ensure hand hygiene and order from hygienic places.

Internships for medicos, courtesy IISc

In preparation for the proposed MD-M-tech Post Graduation courses, IISc has introduced a new MBBS internship programme for third year-graduates. IISC had introduced the term physician-scientists last February while announcing the new MD-Mtech courses aimed at building an intersection between engineering and medicine. In alignment with the idea, IISC has introduced a wide range of research internship programmes for third-year MBBS students in a bid to facilitate research exposure and develop more physician-scientists in the country.

Students in the third year of the MBBS degree programme at an MCI/NMC recognised medical school or those who will complete their Phase-3 before January 2023 will eligible for the intensive internship. Out of all the applicants, only 25 candidates will be selected based on their academic records and application.

Aspirants will get the chance to work on cutting-edge ongoing research topics and get hands-on learning on subjects like cancer biology, bioengineering, endocrinology, data sciences, biomedical devices and many others. Currently, the institution is offering 25 projects from various departments to choose from. Students will be asked to submit five faculty preferences based on their research interests.

Research topics include Development of Artificial Intelligence Tool for Automated Tracking and Segmentation of Median Nerve in Ultrasound Images (Computational and Data Sciences), Assessment of platelet function by Flow Cytometry (Microbiology and Cell Biology), Therapeutic induction of readthrough across disease-causing nonsense mutations (Biochemistry), Use of Plasma Activated Water for Medical Applications include cancer treatment, diabetic wounds (Centre For Sustainable Technologies) and many others. The internship will be held for a period of 4 weeks to 8 weeks between May 2022 and April 23. Dr Vishal Rao-Advisory board for the Center of Biosystems, Science and Engineering at the Indian Institute of Science said, "The idea is to introduce students to the basic sciences. The future of medicine is for a clinician-scientist or surgeon-scientist. This internship will also expose medical students to deep sciences like nanotechnology, bioinformatics, genomics and engineering interfaces that govern the science of medicine."

– Melvin Mathew

Precautionary doses to be given from today: A ready reckoner

Precautionary (booster) doses will be available for those above 18 beneficiaries (who have completed nine months from the second vaccine dose) from Sunday at private hospitals. So, here are the pointers you need to follow if you are planning to take a shot.

Who is eligible for a booster dose?

Precautionary dose will be available to everybody who belongs to the 18+ age group at private vaccination centres from Sunday. Precautionary doses of the vaccine can be taken by those who have completed 9 months or 39 weeks after the second dose of vaccination.

How to check your eligibility?

Unlike earlier, no SMS is sent as a reminder for booster dose for 18+. However, one can log into the Cowin portal to check if you are eligible for the precautionary dose or not. Once logged in, the Cowin portal shows the vaccination date which will be helpful to plan your vaccination.

How are private hospitals gearing up?

Dr Prasanna Venkatesh (Managing Director of NU Hospital) said, "Once the beneficiary walks in, we check the following parameters; whether s/he has completed nine months since the second dose via Cowin portal, whether the beneficiary has completed nine months and the vaccine which was given earlier. However, we still don't have clarity with respect to the Sputnik vaccine."

Is registration on Cowin mandatory?

No fresh registration is required. The Centre has said that no fresh registrations would be required for precaution dose as all due beneficiaries are already registered on CoWIN.

Which vaccine will be given in booster dose?

Centre has specified that the precaution dose will be of the same vaccine which has been used for administration of first and second doses. In case a beneficiary had taken Covishield earlier, the booster dose will be the same and there can be no mix and match.

Precautionary doses will be of the same vaccine as the first 2 shots

Pvt hospitals to register

Centre has clarified all vaccinations must mandatorily be recorded on the CoWIN platform and both the options of 'Online appointment' and 'Walk-in' registration and vaccination will be available at Private CVCs.

Vax prices slashed to Rs 225 per shot

Vaccine majors Serum Institute of India (SII) and Bharat Biotech on Saturday said they have decided to cut prices of the precaution dose of their respective covid-19 vaccines to Rs 225 per shot for private hospitals after discussion with the government.

Cost of vaccines

Centre has said that private hospitals can charge up to a maximum of Rs 150 as service charge for vaccination over and above the cost of the vaccine.

Govt vaccination centres

Currently, government vaccination centres will provide vaccines only to health care workers, frontline workers and citizens aged 60 year or more. The others have to visit private hospitals.

Karnataka's status

Health Minister Dr K Sudhakar said, "Karnataka has administered a total of 10.47 crore doses of covid-19 vaccine and the precautionary dose accounts for over 14 lakh. Among the total population eligible for the precautionary dose, around 57.6 per cent have been vaccinated. For the first dose among the 18+ age group, Karnataka has administered over 4.97 crore doses of vaccine and has successfully completed administering the second dose of the vaccine to 4.76 crore people (97.4 per cent). Additionally, the state has also administered 13,27,985 doses of covid vaccines to children aged between 12-14 years as a part of the first dose and the second dose for this age group will be started shortly. Among 15-17 age groups, Karnataka has successfully administered 5, 23, 05,424 (100.4%) and 4, 97, 08,909 (95.4%) first and second doses respectively." —BMB

THE SUNDAY READ

Thinking out of the Beat-box

In conversation with Beatboxer Abhishek Bhaskar about creating the world's first beatboxing generated NFT project and his journey in the crypto world

| R Prashanth Vidyasagar
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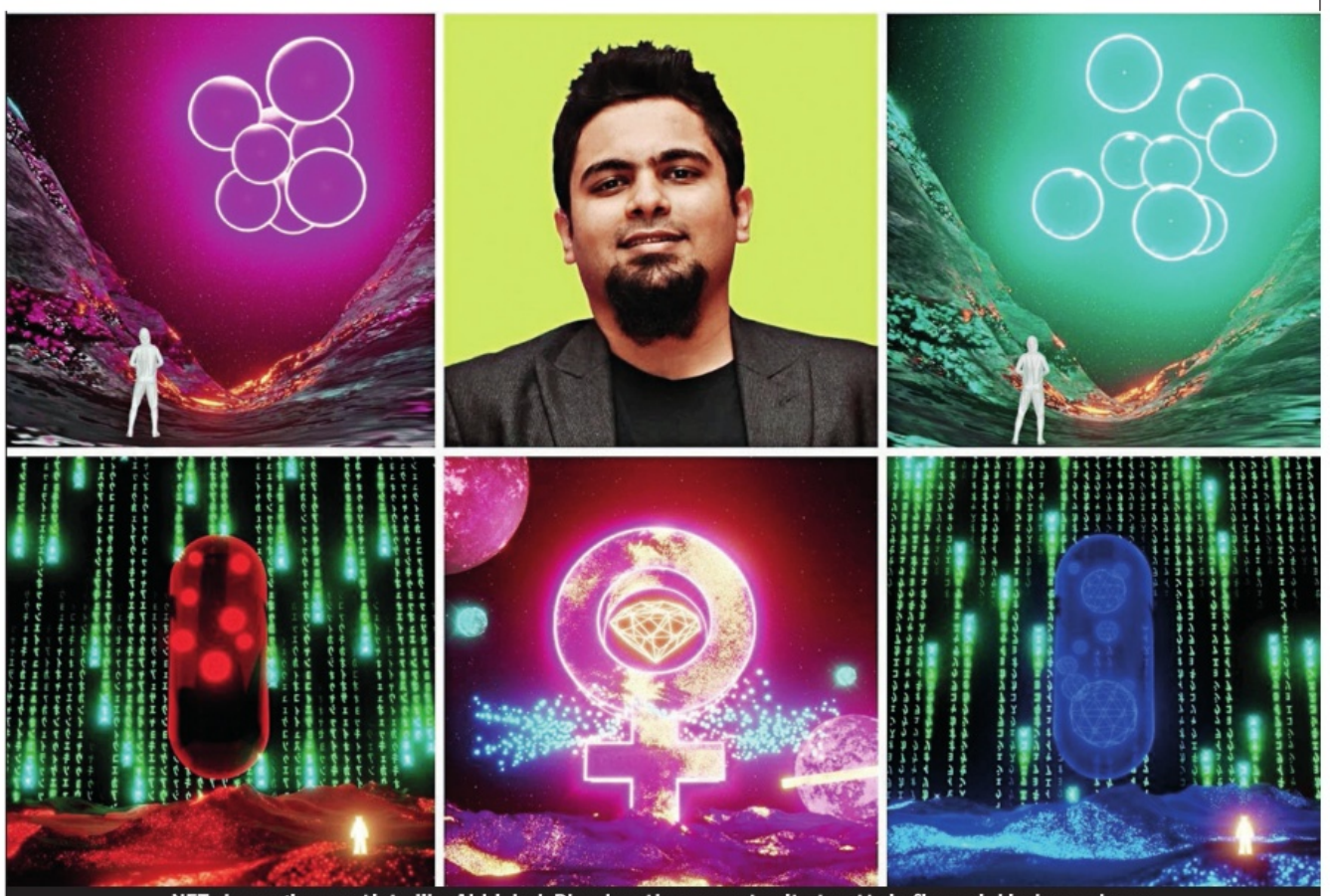

NFTs have given artists like Abhishek Bhaskar the opportunity to attain financial independence

When we first wrote about the beatboxing architect Abhishek Bhaskar a decade ago, he had started Vocal Jam. A first-of-its-kind project where he'd beatbox sounds and mimic voice-overs over tracks. Innovation is what drove Bhaskar then and is still the driving force. This is what drove this 27-year-old to be one of the first in the country to have gotten on the Non-fungible token (NFT) bandwagon. NFTs are unique tokens that exist on a blockchain (a digital ledger of transactions). It all began much before crypto took over the world though. Like most great stories his eureka moment happened post-lunch during an internship. In 2016 he started 'The Metavoice Project', an architectural research project that explored the possibilities of designing buildings and spaces using the human voice or in his case beatboxing.

The lockdown realisation

Fast-forward to the beginning of the pandemic in 2020 and the lockdown. We all had more than enough time on our hands to pick up new hobbies or resume the ones we had stopped. In Bhaskar's case it was him realising that the Metavoice project was still incomplete. "My project was incomplete and I wanted to launch it to the public and then by sheer luck came across concepts of 'Digital Ownerships' or 'Digital Collectibles' that are secured & verifiable using Blockchain technology. This made me want to explore it more and see how I could adapt it to Metavoice," says Bhaskar.

Research, rise, and fall

But Bhaskar had already gotten into the world of cryptocurrency and blockchain in 2016. The transparency of the blockchain technology and the ability to manage one's own wealth appealed to Bhaskar. His relentless research about this made him realise that this was the future of money. The NFT community is where most of the learning happened for him though, on platforms such as Discord or Clubhouse. In 2017 he gifted himself some Bitcoin, Ethereum and some other Altcoins. Despite all the research he faltered. A week later he realised he had purchased this when the crypto price was at its peak and the market crash post that taught him a valuable lesson. But he followed the golden rule of crypto that saved him, 'Invest only what you can afford to lose'.

> **"Focus on your art, later anyone from the community will help you get your first art as an NFT. If you know how to upload a picture or video on social media platforms, you already know how to mint an NFT** – Abhishek Bhaskar

The 500 crore inspiration

But things only got better there onwards. Bhaskar saw his golden egg in the form of NFTs when the digital space exploded with it in 2020. Beeple's Everydays: the First 5000 Days a digital work of art was sold for a whopping $69 million and this cleared the clutter for Bhaskar. "That sort of fortified my vision for Metavoice to launch this research project as an ownable NFT rather than a research paper that would probably get buried in libraries. I instantly pivoted to making Metavoice as an audio-visual Experience rather than a readable paper, and by April of 2021, I launched my 1st NFT," says Bhaskar.

And since mid-last year things have gotten better for Bhaskar, NFTs have enabled him to create and execute ideas that were stuck in his head for years. He can now let the world not only experience it but own it as well. NFTs have also created an additional way for artists like Bhaskar to earn.

Pros and Cons of NFTs

Pros:

- Your works exist in perpetuity on the blockchain
- Royalties on every sale in perpetuity
- Anyone across the world can experience your work
- Simplified contracts for artists, no middlemen
- More freedom to create & control the distribution of your work

Cons:

- NFTs are currently tied to crypto currency, so those who are not well versed with crypto face a barrier of entry to showcase/mint their works
- A lot of NFT Projects are volatile & high risk to investors. So you should invest only after doing your own research

Sold over 60 NFTs so far

Financial independence is something that every artist would like to have and the world of NFTs have made that possible.

"This gave me an opportunity to get paid for creating what I love and this was a big win as an artist myself. NFTs also opened up a new stream of income as a creator, and more than the monetary income, the network that I've built in the past year is far more valuable."

Bhaskar minted (listed and sold) his first NFT in April, 2021 and within 10 minutes of him listing it, it was sold! Till date, Bhaskar has sold over 60 NFTs so far.

"Since NFTs are tied to crypto and the price of Crypto keeps fluctuating, it's very hard to estimate the price at a given time, but I would say my Metavoice pieces sell for anywhere from $1,500 - $3,000 a piece and the other smaller ones like Shardscapes sell for $250 - $300 an edition," says Bhaskar. He wants to create something that everyone can own and get the conversation going.

Before signing off when asked what advice has for those looking to get into the NFT space, he says, "Don't get carried away by complex crypto jargon. Focus on your art, later anyone from the community will help you get your first art as an NFT. If you know how to upload a picture or video on social media platforms, you already know how to mint an NFT. It's as simple as that."

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

ENTANGLED & DROWNED

This black ant was doomed the moment it stepped on to the spider web. Its agony ended swiftly with the raindrop that fell on it before it could move.

The picture was clicked by reader **T Prakash**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Water, everywhere, not a drop to drink

Shreyashi Mukherjee
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMIRROR

As a Bengalurean, you'd think clean drinking water is one amenity that is easily available, at all times. But for the residents of Yelahanka Phase 5, it seems to be more of a daily war being waged against authorities, just for this seemingly basic amenity. Due to the pipeline being blocked, it is an everyday ritual for the residents to call tankers to get water for their daily activities.

The residents say that this water problem has been continuing for the last two years. The pipeline gets blocked because of plastic bags and waste at the mouth of the pipe.

A resident of the area, on the request of anonymity said, "This problem has been existing for two whole years. The BWSSB keeps saying that this problem is there because our apartment is the end point of the pipeline. They have not made a single effort to tackle the problem or even come and look into the matter. It is becoming extremely difficult for us."

Radhika K, a resident of the area, said, "Drinking water is a basic necessity. We don't even have access to that. We don't have any clue as to how these plastic wastes enter the pipelines. The authorities have said that due to the work that is going on in between, plastic bags are entering the pipelines. However, this is not even an excuse for the problems that we are suffering."

The residents say that BWSSB authorities, instead of helping them, asked them to contact a plumber to solve the problem. However, the residents say that it is not a permanent solution.

They have contacted the plumber several times. The issue gets resolved for a few days and then again, the problem begins.

The residents of Suryodaya Apartment, Yelahanka, said that they had spent Rs 7,500 to shift the mouth of the pipe to another building to change the end point.

Plastic bags block the pipelines, and residents have to call plumbers every day

"After shifting the end point to another building, the problem was resolved for a few months. After that, the problem started again. Even after spending so much money, we did not get a permanent solution," said a resident of Suryodaya Apartment.

The residents say that for drinking water, they have to resort to a tanker. There have been times when the tanker did not receive the call and they had to stay without water.

The residents say that the authorities have turned their back on them as no effort has been made by them to improve the situation.

DID YOU KNOW?

Starting in the 1980s, Karnataka emerged as the information technology capital of the country. A total of 1,973 companies in Karnataka are involved in Information Technology related business including big firms like Infosys and Wipro who have their headquarters in Bengaluru. The origin of the growth of the software industry in Karnataka seems to have been the entry of Texas Instruments which was the first multinational to set up base in Sona Tower, Millers Road, in 1985. Texas Instruments was searching for a location to set up their overseas development centre in India in the early 1980s. They first looked at the states of Maharashtra and Tamil Nadu but when both states refused permission, Karnataka was approached with a condition that land allotted must be near an airport. The then chief minister of Karnataka Gundu Rao agreed to their terms and granted land near the HAL Airport in Bengaluru. Texas Instruments currently has a big facility in Bagmane Tech Park in Bengaluru near the airport.

GET HEARD WITH MIRROR

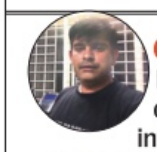
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

What do you think must be done to maintain continuity of footpaths in the city?



Gaurav, MNC employee
Footpaths can be maintained only when residents are actively involved in maintaining same and get those damaged replaced. RWA and citizen group should have regular meeting with BBMP officials.

Mahendra Rao, BM reader
Once the work order is issued, municipal authorities should check the work, including fixing tiles. While awarding the contract, clauses should be added for due diligence to be carried out. Continuity of the footpath's maintenance depends on how well the initial work is undertaken with all checks and balances in control.

Chetan Singh, BM reader
If there is a road, there should be a footpath. Remove encroachment and hawkers from footpaths. Make jaywalking on roads punishable and encourage walking on footpaths.

Som Thomas, BM reader
Bengaluru's kerbstone heights are very difficult for senior citizens to climb and descend. Lower heights would also enable gentle slopes at discontinuous points, for ease of use by taxpayers with disabilities.

Anareen Julia Reynolds, Interior designer
For a footpath to be maintained properly, and for its continuity to be ensured, it has to be constructed properly first. When they put those concrete slabs to make the pavement, it has to be strong enough to last the next five or so years. Most of the time, the authorities are likely to not spend much time or thought for pedestrians or citizens.

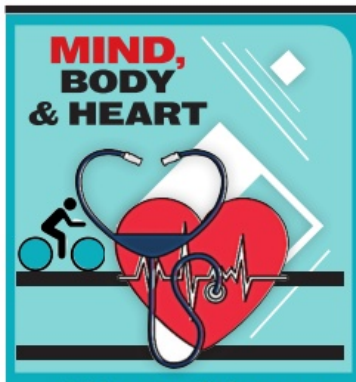
SPEAK TO US

How can garbage disposal be more organised and effective in the city?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

HEALTH TIP: Using less plastic is an important part of transitioning to an environmentally friendly lifestyle.

Eating frozen foods and drinks like ice cream or slushies can trigger severe, stabbing pains in the head.



All problems solved

Dear Coleen

I'm struggling to cope with the fact my wife wants a divorce. We've only been married for nine years and have one daughter, who's six.
What I'm finding hardest to get my head around is that there doesn't seem to be any major reason for why she wants to end the marriage. I'm a good husband and dad, haven't been unfaithful, and she insists there's no one else on her side.
She just gives me loads of vague answers like, "I don't feel the same any more" and "It's just not working for me", but she can't tell me anything specific that makes sense and it's driving me mad.
If I had a concrete reason, I could understand then it might make this easier.

COLEEN SAYS
It's really hard to end a relationship and you know it's going to hurt someone, so the tendency is to try to make it less painful by not being wholly honest. So maybe there are other reasons, but she's finding it hard to admit them to you.
However, I don't think it'll actually help you to find a better reason. At the end of the day, it doesn't matter what reasons she gives you because it won't hurt any less.
You could suggest having a timeout first before making it a permanent split. Being apart for a while will give you the opportunity to work out how you each feel.
Her mind might be made up, but ending a marriage is a big step and divorce takes time, and I always think it's worth trying everything you can before you throw in the towel.
—Coleen Nolan, Daily Mirror

ON A FAST?

Make your usual fasting meals fun with these dishes that are tasty and healthy as well

PAD THAI SALAD

Prep Time: 10 mins
Cooking Time: 10
Serves 4

This is a salad that contains no maida, is grain-free and loved by all for its interesting flavour. This fibre and nutrient-rich salad is a complete and a colourful rainbow for good health as it is protein-dense as well.

INGREDIENTS
- Zucchini, julienned: 2 medium-sized
- Carrots, julienned: 1 medium-sized
- Red bell peppers, julienned: 2 medium-sized
- Red cabbage, julienned: 1 cup
- Cucumber, julienned: 1 cup
- Fresh basil, finely sliced: ¼ cup
- Fresh mint leaves, finely sliced: 1 tbsp
- Fresh coriander leaves, finely sliced: 1 tbsp
- Raw peanuts, crushed: ¼ cup

For the dressing
- Peanut butter: ½ cup
- Dates, pitted: 2 large
- Lime juice: 2 tbsp
- Unrefined salt: 1 tsp
- Cayenne pepper: 1/8 tsp
- Minced ginger: 1 tsp
- Lemon Juice: 2 tsp
- Water: ½ – ¾ cup

METHOD
- In a large bowl, mix all the salad ingredients together, except the raw peanuts and fresh herbs. In a blender, take all the dressing ingredients together and blend, adding ½ cup of water, (more if required), to obtain a smooth consistency dressing. Finally, pour the dressing over the salad and toss to coat. Garnish it with raw peanuts and fresh herbs.

CHOCOLATE BROWNIE

This is a sugar and grain-free dessert which anyone can indulge in, regardless of age. This can be a staple dessert if you want to reduce weight or have diabetes.

INGREDIENTS
- Walnuts: 1/2 cups
- Almond: 1/2 cup
- Cashew: 1 cup
- Unsweetened cocoa powder: ½ cup
- Unrefined salt: 1/8tsp
- Pitted soft dates: 1½ cup
- Vanilla extract: Few drops

Prep Time: 10 mins
Cooking Time: 10
Serves 4

METHOD
- Process the walnuts, almond, and cashew in a food processor until coarse and sticky. Add cocoa powder and salt to this mixture. Next, add the dates, a little at a time, and keep blending until it becomes like cake crumbs. Keep adding dates until the mixture sticks together. Transfer to a dish/mould and set to desired shape. Freeze for an hour. Serve chilled.

By Nidhi Nahata, Founder & Food Therapist, Justbe Resto Cafe

LASAGNE

This dish is oil-free, fat-free, loaded with fibre and nutrients that make it wholesome and a complete meal in itself.

INGREDIENTS
- Tomato Sauce
- Tomatoes, chopped: 4
- Olives, sliced: 10
- Oregano
- Basil leaves: 10
- Sea salt/ Rock salt: to taste

Cashew Cream
- Cashewnuts, soaked for 4 hrs: 250 g
- Mixed herbs: 1 tsp
- Crushed black pepper: 1/8 tsp

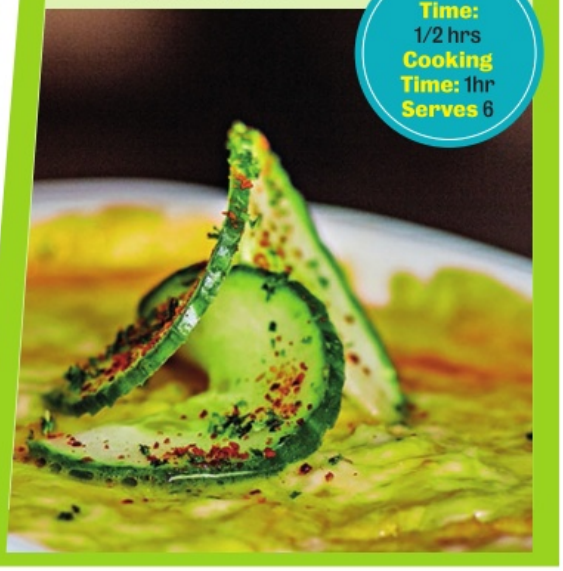
Lasagne
- Carrots, thinly sliced lengthwise and steamed: 2
- Zucchinis, thinly sliced lengthwise: 2
- Unpeeled potatoes, thinly sliced lengthwise and steamed: 2
- Nutritional yeast (optional): 1/8 tsp

METHOD
Tomato Sauce
- In a heavy-bottomed pan, add chopped tomatoes (adding water a little at a time if required, to prevent sticking). Add the rest of the ingredients for the sauce with sufficient water, bring to a boil and simmer until thickened.

Cashew Cream
- Rinse the soaked cashew nuts and blend all the ingredients together to a creamy consistency.

Lasagne
- Layer the sliced vegetables, tomato sauce and cashew cream in a baking dish and bake in a moderate to hot oven at a temperature of 190 °C for an hour. Garnish it with nutritional yeast.

Prep Time: 1/2 hrs
Cooking Time: 1hr
Serves 6



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Boosting tourism with PRASHAD

Govt proposes concept to develop Chamundeshwari Devi Temple to boost religious tourism in Mysuru

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

The state government has submitted a proposal for a concept of development of Chamundeshwari Devi Temple in Mysuru under the PRASHAD scheme to promote tourism in Chamundi Hills.

A site visit to the temple was conducted last month and the state government has set the target to submit the Detailed Project Report (DPR) for further approval of the project under the scheme.

Union tourism minister Kishan Reddy said the union tourism ministry has not sanctioned any tourism projects in the state under its Swadesh Darshan scheme.

"The ministry of tourism, under its ongoing scheme of 'Pilgrimage Rejuvenation and Spiritual, Heritage, Augmentation Drive (PRASHAD)', also sanctions projects in the country for development of tourism infrastructure with the objective of integrated development of identified pilgrimage and heritage destinations. Development of tourism is primarily the responsibility of the state government. The union ministry of tourism had advised the state government for the submission of proposals to be taken up under Swadesh Darshan scheme," he said in a written response to a Lok Sabha question.

Sea of devotees at Chamundi Hills on Saturday

The national mission on PRASHAD is a central sector scheme fully financed by the government of India and launched by the ministry of tourism in the year 2014 to 15.

The objective is to integrate development of identified pilgrimage and heritage destinations. The scheme aimed at infrastructure development such as road, rail and water transport, last mile connectivity, basic tourism facilities like information/ interpretation centres, ATM/money exchange, eco-friendly modes of transport, area lighting and illumination with renewable sources of energy, parking, drinking water, toilets, cloak room, waiting rooms, first aid centres, craft bazaars, haats, souvenir shops, cafeteria, rain shelters, Telecom facilities, internet connectivity, etc.

The scheme, PRASHAD, focuses on developing pilgrimage sites, enrich religious tourism experiences

Officials said the scheme focuses on developing and identifying pilgrimage sites across India to enrich religious tourism experience. It aims to integrate pilgrimage destinations in a prioritised, planned and sustainable manner to provide a complete religious tourism experience. There is a need for holistic development of selected pilgrimage destinations by the government along with the cooperation of other stakeholders.

And now, death threats to 64

As many as 64 persons, including Opposition leader Siddaramaiah, former chief minister HD Kumaraswamy and famous progressive litterateur K Veerabhadrappa, have received death threat messages which are doing rounds on social media.

The police department has taken serious note of the matter and is contemplating beefing up the security.

The message has gone viral on social media. The miscreants who put out the message have called themselves as 'Sahishna Hindu' (tolerant Hindu).

Kumaraswamy has warned the government not to take such threats lightly. He urged the ruling BJP to provide security to those who have opposed the government's silence on "communal polarisation" in the state.

The development has caused concern in the state. Following the hijab row and Muslim organisations' protest against the court verdict, Hindu organisations have demanded a ban on Muslim merchants in temples, halal cut meat, idols made by Muslim sculptors, mango traders and even drivers and transport companies. — IANS

jobs

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tender & notices

PUBLIC NOTICE

IN THE COURT OF JUDGE SMALL CAUSES (JUDICIAL MAGISTRATE 1st CLASS) SRINAGAR
Case No 34094/2019,
Date of Order : 10/3/2022
Date of Institution: 22/3/2019
J.O. Code JK00169
In the case of: **Dr. Syed Kazim S/O Late Haji Syed Baqar, R/O Zadibal, Hawal Srinagar ...Complainant**
V/S
Kamran Mehdi S/O Moulana Syed Mazhar Abbas, R/O 21 Berlie Street, 2nd Cross Shanti Nagar, Bangalore 560027 ...Accused
CORAM: FAYAZ AHMAD QURESHI
Proclamation for appearance of accused in terms of Section 82 CrPC.
Whereas, complaint titled above has been presented and is pending disposal before me wherein it is stated that the accused namely **Kamran Mehdi S/O Moulana Syed Mazhar Abbas R/O 21 Berlie Street, 2nd Cross Shanti Nagar, Bangalore 560027** is alleged to have committed an offence of dishonor of cheque punishable under section 138 of Negotiable Instruments Act against the complainant named above. Further the accused has remained absent for last so many hearings. And whereas, it has been shown to my satisfaction that the said accused is willfully concealing himself to avoid the attendance of this court. Henceforth the proclamation is made against the accused named above and you are as such required to appear before this court to answer the said complaint by or before 18/4/2022.
Given under my hand and seal of the court.
Announced: 10/3/2022
Judge Small Causes
Judicial Magistrate 1 Class, Srinagar

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personal

CHANGE OF NAME

I, Srota Pandya W/o. Dileep Kumar Mohanachandran, Residing at No.E-305, Vaishnavi Rathnam Apartments, S M Road, T Dasarahalli Bengaluru-560057. I have changed my daughter name from AGNEYI to AGNEYI DILEEP KUMAR Vide affidavit Dt : 04/04/2022. Sworn Before Notary : K S Nataraja Bangalore.

I, JAGRITI SINGH W/o Pranav Thiagarajan., R/at Flat No.B-105, Sobha Garnet Apartment, Outer Ring Road, Bellandur, Bengaluru- 560103, have changed my name to JAGRITI PRANAV vide affidavit dated: 9/4/2022 Before Notary H.S.Sakalesh Aradhya Bangalore

I, PALLAVI.S W/o Manjunatha. M.B., R/at No.57, Tejas Nilaya, 8th A Main, 4th Cross, 3rd J Block, Koramangala, Bengaluru-560034, have changed my name to PALLAVI MANJUNATH vide affidavit dated:9/4/2022 Before Notary H.S.Sakalesh Aradhya Bangalore.

WE the parents Kishore Khemka and Richa Jain R/at Flat No.2B-102, Akme Encore Apartment, Kundalahalli Main Road, Brook Field Bangalore 560037 have changed our son"s name as Ansh Agrawal from Ansh Khemka before notary G Rajendra,Bangalore vide affidavit.

WE the parents Kishore Khemka and Richa Jain R/at Flat No.2B-102, Akme Encore Apartment, Kundalahalli Main Road, Brook Field Bangalore 560037 have changed our son"s name as Yug Agrawal from Yug Khemka before notary G Rajendra,Bangalore vide affidavit.

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I, Prashanth K.P R/o No.102/2, Rudramuni Land Mark, Kaikondrahalli, Carmelaram post, Bengaluru 560103 have changed my 11 years old minor daughter name AADYA ROCHANA.P to SHRESHTA DEV .P affidavit Dt.09/04/2022 notary Harisha.G, B'luru.

LOST & FOUND

I, Lakshmi Devi V Residing at# 25,12th Cross, pipeline Vijayanagar Bangalore, - 560023 have lost my GPA Document No. Identification : Book IV - 30/91- 92. dated 12-04-1991 and FIR has been lodged Lost Report No. 0198699/2022 if found #9886233900/8892858630

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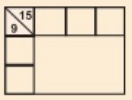
SOLVE IT IN A MINUTE

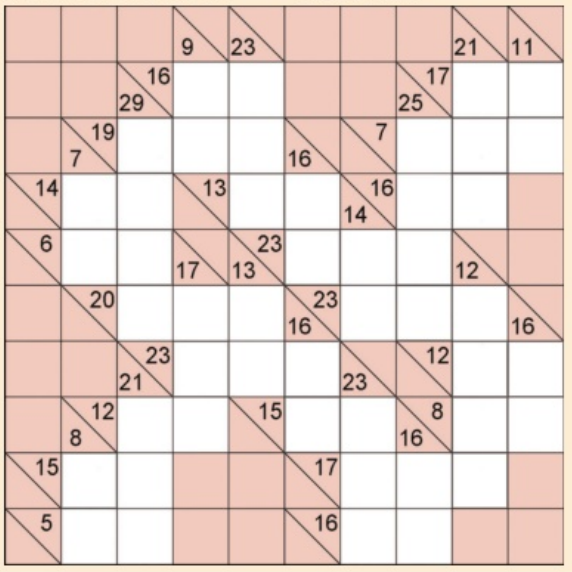
1, 3, 6, 10, 15, 21, 28, 36, ?

Kakuro

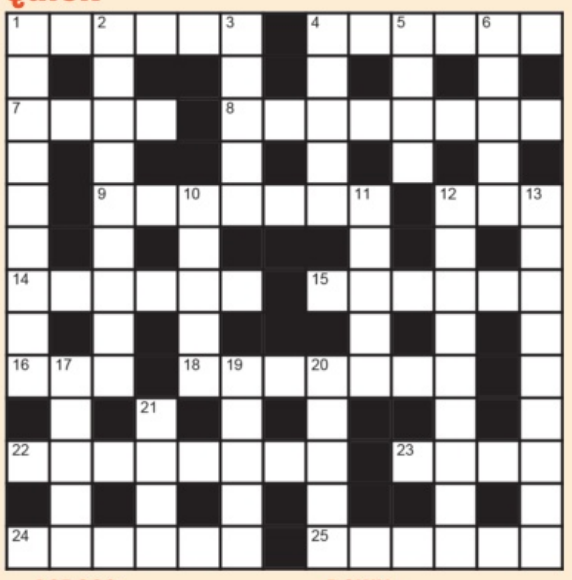
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Beg and plead; take a humble position (6)
4 Afflicted with dementia (6)
7 Lob (4)
8 Rousing to vigilance (8)
9 Moderately slow musically (7)
12 Idiot __-: Television set (3)
14 Reminded or urged constantly (6)
15 Killed in battle (6)
16 Decide (3)
18 Parched (informal) (7)
22 Representative or agent (8)
23 Rider's game (4)
24 Mogadishu native (6)
25 Calm, subjugate or suppress (6)

DOWN

1 Concentrated fully on? (3,4,2)
2 Furious attack (9)
3 Peruvian quadruped (5)
4 Snow and rain (5)
5 Whimsically eccentric persons (4)
6 Slowly, musically (5)
10 Resided, inhabited (5)
11 School tests (5)
12 Mumbai's movie industry? (9)
13 A hater of strangers or foreigners (9)
17 In music, softly (5)
19 Tourist destination which used to be the capital of the Vijayanagar Empire (5)
20 Leases (5)
21 The sixth letter of Greek alphabet (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS U

ERQR'T UK CKKYT, UER NERXJRTU WXNXUBKD FKO NXD COF.

Linemaro

I wish we had met sooner

Mindchow

Nostalgia is like a grammar lesson: You find the present tense, but the past perfect

Joke of the day

Miser: Someone who lives poor so that he can die rich

Loop

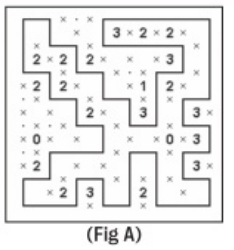
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

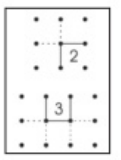
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

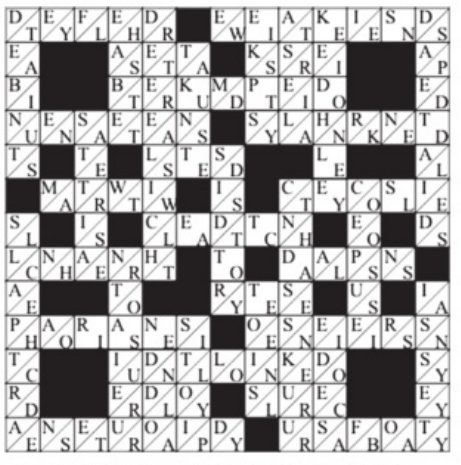


(Fig A)



(Fig B) Not Allowed

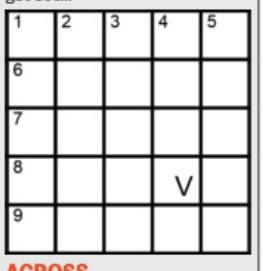
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

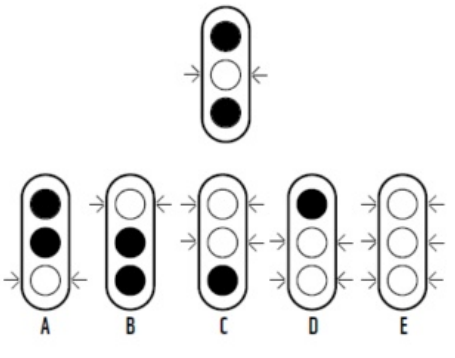
1 Coats; 6 Namoi; 7 Evert; 8 Go vie; 9 Blade

DOWN

1 Cobra; 2 O Mage; 3 Vilna; 4 Is eve; 5 Ted to

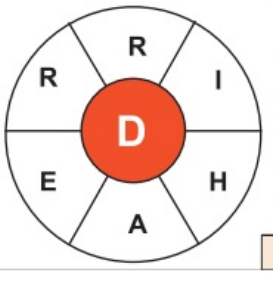
Mensapuzzle

What comes next after the top traffic light?



A B C D E

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

18 Average; 20 Good; 22 Outstanding

SudokuChallenge

			7		2			
		7	4	6	3	2		
2				9				8
1	8	5				3	7	6
6	2	3				5	9	4
3				1				5
		4	9	2	7	1		
			8		5			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 16: 4 5 6 9

Medium = 28: 2 4 5 6

Hard = 17: 2 6 7 3

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

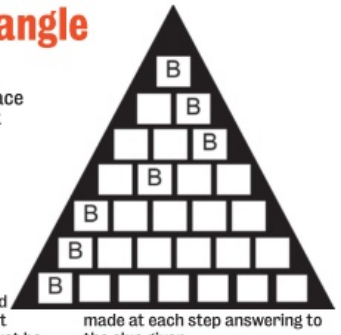
Differences: 1. Box is larger. 2. Coat is longer. 3. Fence is shorter. 4. Man is thinner. 5. Bush is not blocking window. 6. Zipper pull is lower.

Riddler

Like a trap, you may fall in it. Or it's what you like to try. Truly it's eternal, A tale to make you sigh. What is it?

Alpha triangle

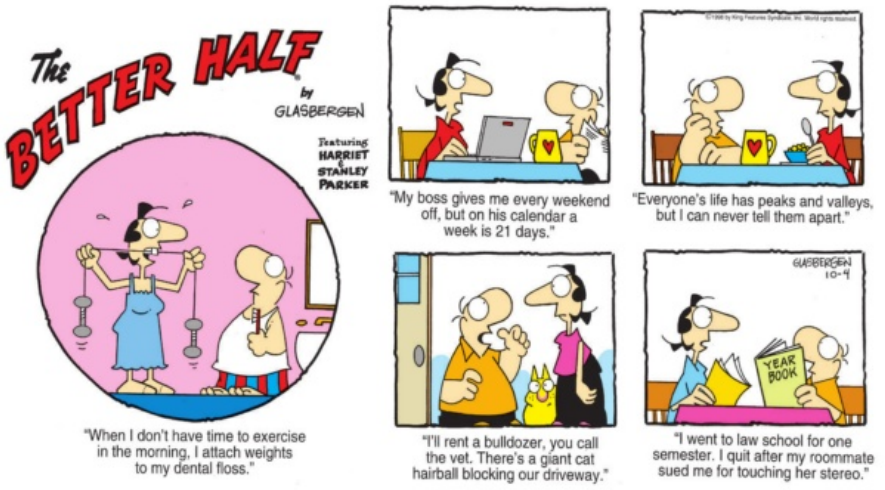
1 Type of vitamin
2 Chest muscle
3 Scientific workplace
4 Highly competent
5 Secure a rope
6 Just
7 Courageously



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
"When I don't have time to exercise in the morning, I attach weights to my dental floss."
"My boss gives me every weekend off, but on his calendar a week is 21 days."
"Everyone's life has peaks and valleys, but I can never tell them apart."
"I'll rent a bulldozer, you call the vet. There's a giant cat hairball blocking our driveway."
GLASBERGEN 10-4
YEAR BOOK
"I went to law school for one semester. I quit after my roommate sued me for touching her stereo."

ACTUALLY, MS PARKER, THE WEB-SPINNER SEEMS TO HAVE LEFT US.
OH, DEAR. I'VE ALWAYS BEEN A BIT FEARFUL OF SPIDER-MAN, GIVEN HIS REPUTATION FOR VIOLENCE--

BUT WITH THE CURRENT THREAT HANGING OVER OUR HEADS, I'LL CONFESS I FOUND HIS PRESENCE COMFORTING!
SLAM!
DON'T WORRY, MAY. I'M SURE HE'LL BE BACK WHEN WE NEED--

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dull and face obstacles on the work front. Be patient while making investments. Quick decisions in business are not advisable. You are likely to spend money on worthless stuff, which may make your family unhappy.

Taurus Apr 21 – May 20
Today, your hard work may pay off in terms of success. You may plan to go for a short work-related trip. Your subordinates may support you in implementing your business plans. Your opponents may praise your hard work. You may hear good news from siblings.

Gemini May 21 – Jun 21
Today, you may be able to control your expenditure on worthless stuff. You may plan to invest capital in business. You may invest your savings in a real estate project, which will boost your financial health in the near future. You may be polite to others. You may be able to focus on domestic affairs but your spouse will be upset or will have some health issues.

Cancer Jun 22 – July 23
Today, you may enjoy good vitality and inner strength. You may make good plans and may implement them efficiently. Be careful while reading documents before signing anything. Due to over enthusiasm, you may invest some capital into your family business.

Leo Jul 24 – Aug 23
Today is not a good day due to anxiety and restlessness. You may waste precious time on worthless tasks. You may plan to visit a religious place to seek peace of mind. You may get some advice from your elders which may give you some direction to manage a messy situation.

Virgo Aug 24 – Sep 23
Today you will reestablish your network, which will reap benefits in the near future. Those working in glamour, art or fashions will plan to do something new in terms of their profession. Student will perform better today in terms of studies. Love birds will enjoy happy moments.

Libra Sep 24 – Oct 22
Today, you may be busy on the work front, which may tire you and you may not be able to spend proper time with family. You may be able to establish your network overseas. Be careful in terms of investments. Natives in jobs may get promoted.

Scorpio Oct 23 – Nov 22
Destiny may side with you in terms of scoring gains in business. You may get rewards for your hard work. This may be a good time to reinitiate postponed projects. You can expect peaceful religious travelling. You may also plan to donate some amount to any religious place or to some charity.

Sagittarius Nov 23 – Dec 22
Today, your moon is not in a good position. You have health issues. You may face losses in business or in investments. Do not invest in business. Your gains will convert into losses. So you are advised to stop investmenting in worthless stuff. You should avoid being involved in controversies, otherwise it will pull you down negatively.

Capricorn Dec 23 – Jan 20
You are blessed by the moon today. You may expect to hear some good news in terms of your profession. Your domestic life may be joyous. You are advised to avoid arguments on worthless topics. Over excitement may test your patience. You can make important decisions regarding investments in real estate. Students will be focused on studies.

Aquarius Jan 21 – Feb 19
You will feel some dullness but get back to work. You may pay extra attention to your child's academics. You may be in a winning position against your enemies and opponents. Investors must be careful while making difficult decisions. Job seekers may find suitable jobs.

Pisces Feb 20 – Mar 20
Today, you may find negative vibes around you, which may make you unhappy. Avoid investing in worthless stuff. You may notice your friends may not be supportive today. Don't expect help from them, otherwise it may upset you. You must make independent decisions today.

KIDZONE

Koushiki Lahiri, 8 Years, The Brigade School

Sreelakshmi P. Nair, 11 Years, Federal Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
1+2=3, 3+3=6, 6+4=10,
10+5=15, 15+6=21, 21+7=28,
21+8=36, 36+9=45

QUOTE UNCODE
Here's to books, the cheapest vacation you can buy.

FAST FIVE

B	A	L	E	D
O	G	I	V	E
R	E	V	E	T
A	M	N	I	O
C	O	A	S	T

BULL'S EYE
alde, alfed, arfd, dare, dear, dlfe, drfer, hard, harder, hardrer, HARRIED, head, heard, herd, hide, hired, idea, raid, raider, read, ride, rider

STRIKE OUT

E	N	T	R	O	P	Y	R	A	B	A	T			
R		E	D	O	S	U	E				E			
T		I	N	T	O	N	E	D			S			
P	A	R	S	E	S	O	S	I	E	R	S			
E		O		Y	E	S		S			A			
C	H	A	N	T		T	A	L	P	S				
S		I		C	A	T	C	H	O		D			
A	R	T	I		I		C	Y	C	L	E			
T		I		L	T	D		E			L			
U	N	S	E	E	N		Y	A	N	K	E	D		
B		T	R	U	M	P	E	D			D			
D	Y	F	E	D		W	E	A	K	E	N	S		
	S	E	A	S		R	I				A			
	E										T			

QUICK

G	R	O	V	E	L		S	E	N	I	L	E		
O		N		L		U		E						
T	O	S	S		A	L	E	R	T	I	N	G		
D		L		M		E		S		T				
O		A	N	D		A	N	T	E		B	O	X	
W		U		W			X		O		E			
N	A	G	G	E	D		F	A	L	L	E	N		
T		H		T		M		L		O				
O	P	T		T	H	I	R	S	T	Y		P		
I		Z		A		E		W				H		
S	A	L	E	S	M	A	N		P	O	L	O		
S		I	N	T	O	N	E	D			S			
R		E	D	O		S	U	E			E			
B		T	R	U	M	P	E	D			D			
U	N	S	E	E	N		Y	A	N	K	E	D		
T		I		L	T	D		E			L			
A	R	T	I		I		C	Y	C	L	E			
S		I		C	A	T	C	H	O		D			
C	H	A	N	T		T	A	L	P	S				
E		O		Y	E	S		S			A			
P	A	R	S	E	S		O	S	I	E	R	S		
T		I	N	T	O	N	E	D			S			
R		E	D	O		S	U	E			E			
B		T	R	U	M	P	E	D			D			
D	Y	F	E	D		W	E	A	K	E	N	S		
	S	E	A	S		R	I				A			
	E										T			

MENSA PUZZLE
8. From top to bottom, traffic lights are coloured red, amber and green. They change as follows: red and amber together – red. As the amber light is showing, it will be followed by the red (B).

RIDDLER Love

SUDOKU

4	5	1	7	8	2	3	6	9
8	9	7	4	6	3	2	5	1
2	3	6	5	9	1	7	4	8
1	8	5	2	4	9	3	7	6
7	4	9	3	5	6	8	1	2
6	2	3	1	7	8	5	9	4
3	7	8	6	1	4	9	2	5
5	6	4	9	2	7	1	8	3
9	1	2	8	3	5	4	6	7

ALPHA TRIANGLE
B, Ab, Lab,
Able, Belay,
Barely, Bravely.

GO FIGURE
Easy
5 – 4 + 9 + 6 = 16
5 x 4 + 6 + 2 = 28
Medium
5 x 4 + 6 + 2 = 28
Hard
2 x 7 + 6 – 3 = 17

LOOP

KAKURO

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 # Will barred from Oscars ceremonies for 10 yrs
Will Smith was banned on Friday from attending the Oscars for the next 10 years, two weeks after the actor stunned the world by storming on stage mid-ceremony to slap the comedian Chris Rock

'I'm a fighter and I'll be back'

Malaika Arora breaks silence on recent car accident

Bollywood diva Malaika Arora, who met with a car accident last Saturday, opened up about the incident on social media today.

For the unversed, Malaika suffered minor injuries in a car accident last Saturday and was hospitalised at the Apollo hospital in Navi Mumbai.

Taking to her official Instagram handle, the actor penned a note to thank everyone for their love and support.

She began, "The last few days and the events that unfolded have been quite unbelievable. Thinking about it in retrospect feels like a scene from a film and not something that actually happened. Thankfully, immediately after the accident, I felt like I was enveloped with the care from so many guardian angels - be it my staff, the people who helped me reach the hospital, my family who stood by me throughout this ordeal and the amazing hospital staff."

She continued, "My doctors ensured my safety in the most caring way possible at every step. They made me feel safe and secure instantly and I am so very grateful for that. And finally, ofcourse the love that came in from my friends, family, my team and my Insta fam was just so reassuring."

> **Moments like these are not epiphanies but strong reminders that we must offer gratitude to those who shower you with love and good wishes**
> –Malaika Arora

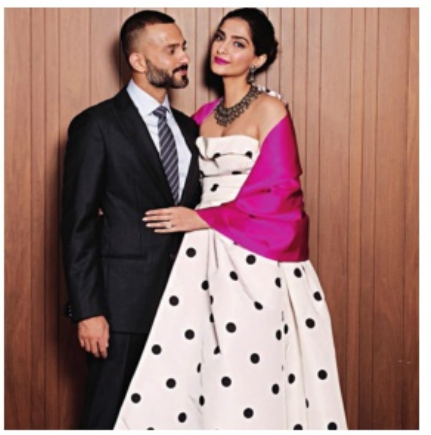
Malaika added that moments like these are reminders to offer gratitude to all those who offer support in difficult times.

She wrote, "Moments like these are not epiphanies but strong reminders that we must always offer gratitude to those - known and unknown - who shower you with love and good wishes at a time you need it the most. A big heartfelt thank you to each and everyone of you for being there making sure I come out of this with renewed vigour. I'm now on my road to recovery and I assure you, I'm a fighter and I'll be back before you know it!"

After the accident, Malaika was visited by several friends and family members, including boyfriend Arjun Kapoor and sister Amrita Arora.

Meanwhile, on the work front, Malaika was last seen as a judge in the dance reality show 'India's Best Dancer'.

ANI



Sonam, Anand Ahuja's Delhi house robbed

Bollywood actor Sonam Kapoor and her entrepreneur husband Anand Ahuja have reported a theft of Rs 2.4 crore from their New Delhi residence, police said on Saturday.

Deputy Commissioner of Police (New Delhi) Amrutha Guguloth said that the couple had filed a report on February 23 about a theft at their house on Amrita Shergill Marg. They had complained that some cash and jewellery worth Rs 2.4 crore was stolen. They had noticed the theft on February 11, but approached the police only on February 23, the DCP said.

A case under section 381 (theft by clerk or servant of property in possession of master) of the Indian Penal Code was registered at Tughlaq Road Police Station on the same day and investigation was started, she said.

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